






# Eat Smart Be Smart

## Fruits & Vegetables Colorful Plate

-  **Grade Level:** First      **Lesson Time:** 30 Minutes
-  **Integrated Core Subjects:** Language Arts, Health Enhancement
-  **Montana Content Standard:** Reading Standard 4: Students select, read, and respond to print and non-print materials for a variety of purposes.
-  **Montana Content Standard:** Writing 1: Students write clearly and effectively. Health Enhancement 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
-  **Objectives:** Students will learn the importance of eating fruits and vegetables every day; name a variety of fruits and vegetables by color; and identify a fruit and/or vegetable to eat at each meal.

### Lesson/Activity

1. As an introduction to this lesson, read the book, Eating the Alphabet to introduce a variety of fruits and vegetables to the students. Ask students if they eat fruits and vegetables and have them name a favorite fruit or vegetable. This task can also be expanded to practice a sound or phonics using the names of the produce in the book. For example, tape a picture of a fruit or vegetable from each color on the board and have the children identify the first letter of the food. (Pictures can be accessed in the Resource Section of this curriculum.)
2. Explain the value and importance of eating a variety of fruits and vegetables to stay healthy, grow up strong and feel good. Explain that fruits and vegetables contain components (vitamins, minerals, fiber) that our bodies need to stay healthy. Ask the students if they noticed all of the different colors of fruits and vegetables that were shown in the book. Use a color wheel to ask the students to name a fruit or vegetable from the main colors (blue/purple, green, orange/yellow, red, and white). Use the teacher handout for ideas.
3. As a group, have the students use their work sheet to write the name of the fruit or vegetable that matches the color listed. For example, next to "red," they may write, "apple."
4. Ask the students to complete the rest of the work sheet by following the directions. Encourage the students to fill each color section with their favorite fruits and vegetables and encourage them to think of some different ones.
5. Have a discussion with the kids on how they can get a variety of colorful vegetables and fruits today. Encourage them to expand their variety by taking a bite of a new fruit or vegetable offered to them at school, home, or at a friend's house. Discuss how their plates or trays become more colorful and attractive when fruits and vegetables are on them.


### Materials Needed

- Crayons or markers
- A copy of Eating the Alphabet by Lois Ehlert
- A copy of *Fruits and Vegetables: A Colorful Plate* work sheet for each student.
- Teacher handout *Fruits and Vegetables: A Colorful Plate*.






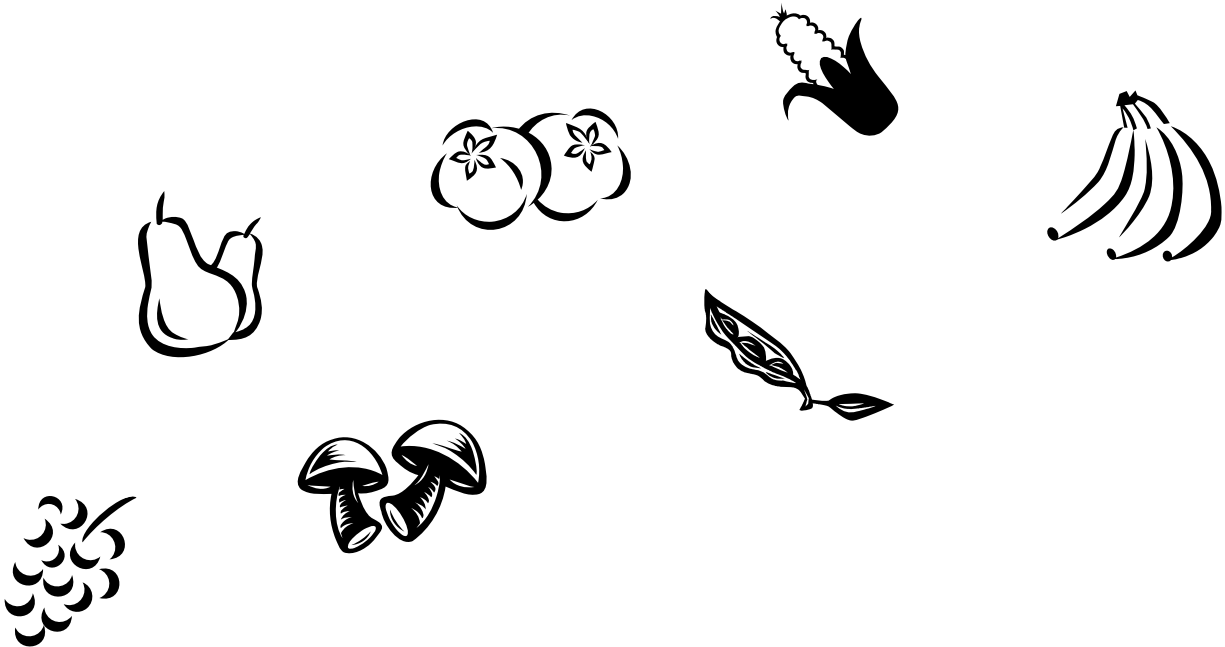
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## Outcome Goals

-  Students will be able to identify a variety of fruits and vegetables they can eat at each meal.

## Extending the Lesson

-  If available, use the monthly school menu to have the kids identify and sort the fruits and vegetables offered by color and count the total number of items in each color group.
-  Ask parent volunteers to bring in a fruit or vegetable tray so the students may sample them.
-  Talk about the different colors and foods they are trying and use some of the words to review phonics.



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Acknowledgments/Adapted From

The Five a Day, The Color Way  
and Denise Zimmer, RD